

## APRIL 2016 Group Fitness Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30am Fitness Center		Gentle Moves (Faith)		Gentle Moves (Faith)	
9:15-10am 11 <sup>th</sup> floor	Strength and Balance (Char)		Strength and Balance (Char)		Strength and Balance (Char)
10:15-11am Pool Center		Aquatic Exercise (Char)		Aquatic Exercise (Char)	
11:15 -noon 11 <sup>th</sup> floor	Strength and Balance (Char)		Strength and Balance (Char)		Strength and Balance (Char)
1:30-2:15pm Fitness Center		Na Kupuna Hula (Char)			

### CLASS LOCATION AND DESCRIPTION

#### **Strength and Balance Monday/Wednesday/ Friday (11<sup>th</sup> floor)**

- Emphasis on functional exercises to improve upper/lower body muscular strength & endurance, flexibility & performing static/dynamic balance activities.

#### **Gentle Moves Tuesday/Thursday (Fitness center)**

- Emphasis on strength exercises sitting & standing, using whole body movement & free weights to improve upper body strength

#### **Aquatic Exercise Tuesday/Thursday (Pool Center)**

- Functional exercises that emphasize improving cardiovascular endurance, muscular strength & endurance, flexibility & balance training.

#### **DVD Chair Exercise Class - Saturday only - 11<sup>th</sup> floor** – residents perform chair exercises while watching exercise video

#### **Na Kupuna Hula –Tuesday only (Fitness Center)** – learn basic hula steps and hand gestures. Improve your posture, balance, coordination & flexibility

#### **Channing House Active Resident Program, By Appointment Only (Fitness Center):**

- A Fitness Consultation is a 30-minutes meeting with Char who will design an individualized exercise program based on your needs and goals. During this meeting the Char will review your medical and exercise history.
- For current residents who simply need a refresher course on their exercise program.

#### **Fitness Center Orientation, By Appointment Only (Fitness Center & Pool Center):**

- For new residents to obtain a key to the Fitness Center and Pool Center, you must complete a 15-30 minute orientation with Char.
- Char will introduce all cardiovascular & strength training equipment as well as safety rules and resident log-in sheet.

#### **Senior Fitness Assessment, By Appointment Only (Fitness Center):**

- Fitness Assessment to establish your baseline fitness level. Fitness testing includes six items measuring individual's upper/lower body strength, upper/lower body flexibility and static/dynamic balance.

### **CHANNING HOUSE WEEKLY ACTIVITY SCHEDULE - MONDAY THROUGH SATURDAY**

Monday	10:00-12:00am 4:00 pm	Mah Jong – 1 <sup>st</sup> floor game room Meditation – 10 <sup>th</sup> floor lounge
Tuesday	11:00-noon	Creative writing – 8 <sup>th</sup> floor lounge
Wednesday	11:30-3:30 2:00-3:00 pm 4:00 pm 6:30-7:30 pm	Wilma Reichard, Bereavement Care, 9 <sup>th</sup> floor Den 4/6 & 4/27 Channing House Knitters, 10 <sup>th</sup> floor lounge Meditation – 10 <sup>th</sup> floor lounge “Piano Bar with Phil and John” Lobby
Thursday	10:30-11:30 3:00-4:00	Sing-Along – 1 <sup>st</sup> floor, Health Center Current Events – 11 <sup>th</sup> floor Homer side
Friday	10:00 am 10:00am-12:00 10:00am-2:00pm 4:00 pm	Art Exploration \$ AUD 4/1, 4/8, 4/15, 4/22, 4/29 Mah Jong – 1 <sup>st</sup> floor game room Wilma Reichard, Bereavement Care, 9 <sup>th</sup> floor Den 4/29 Meditation – 10 <sup>th</sup> floor lounge
Saturday	9:15-10:00 am 10:00-10:45 am 7:00 pm	Video Exercise – 11 <sup>th</sup> floor Harmonica Players – 7 <sup>th</sup> floor lounge Dominoes – 1 <sup>st</sup> floor game room
Sunday	3:00pm	Ecumenical Service – Health Center 1 <sup>st</sup> floor